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Chris Comish's blog

Chris Comish is a Reiki Master and here to lift others up in Love and Light.

Monday, December 22, 2025

The Empty Boat

There is a lesson from Buddha called the Empty Boat-

The Empty Boat Parable (Anger/Self-Reflection)

The Setup: A monk seeks quiet for meditation in a boat on a lake, only to have another boat collide with his.

The Reaction: He gets enraged, ready to yell at the careless boatman.

The Realization: He opens his eyes to find the other boat is empty and drifting, teaching him that the anger wasn't from the boat but from within him, a reaction waiting for a trigger.

The Lesson: External events (people, situations) are like empty boats; our anger comes from our internal state, not the "collision" itself.

How to heal the internal state- "Drop all fixed beliefs/expectations about life. Here is the pattern through the bodies from Mental to Emotional to Physical: Fixed Beliefs (focus on illusion) --> Expectations (limited views) --> Thoughts (negative thoughts) --> Emotions (triggers)---> Physical Actions (outbursts). In reality, everything just is."

This reminds me of a story. I was getting a haircut on Sunday and saw this with another. A man wanted a haircut. The hairdresser said, "Did you reserve an appointment online? I'm sorry it will be an hour wait." The man burst out and said "There can be that many people in this small town!" And he stormed out and left. Did you see the shadow of intellect- the mind trying to understand reality? The mind can't understand reality because reality is beyond the mind. The key is to remove expectations/fixed beliefs. The fixed belief/expectation was "there aren't that many people in this town so I can get a haircut quickly." But it fails to account for other variables- like short staffing of hairdressers or "hive mind"- where everyone wants a haircut at the same time. Using the mind only to interpret reality blocks empathy. The poor hairdresser took his mental abuse, and she was already stressed for the day. I ended up getting a haircut from her and I wished her a Merry Christmas and gave her a generous tip to lighten her load. It's all about transmutation of negative energy to positive energy. I forgave the man using violet flame to love and accept his shadow of intellect to move into the heart.

"The Divine unfolds your experiences for you. Don't try to understand the Divine- Life just is. Life simply unfolds experiences for balancing."

Anyways, hope this helped you learn something new today. I learned something new. It is really a magical interacting mirroring universe.

- December 22, 2025

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Chris Comish

Chris Comish is a Reiki Master and here to lift others up in Love and Light. Since his awakening in 2006, his wish is to share with the world to help it awaken. Chris is the founder of the City of Shamballa Social Network. Subscribe to his YouTube channel at Onenessandlove. Chris Comish is a Reiki Master and here to lift others up in Love and Light. Since his awakening in 2006, his wish is to share with the world to help it awaken. Chris is the founder of the City of Shamballa social network. Subscribe to his YouTube channel at Onenessandlove. Author of 28 Powerful Reiki Attunements, Book of Healing, Book of Wisdom, and multiple energy attunements and healing books.

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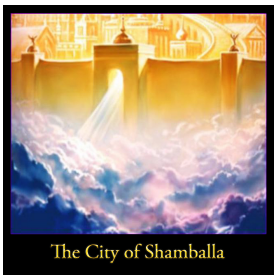

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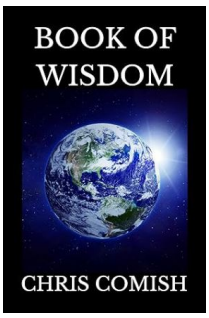

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Pictures of Heavenly (Astral) form - Soul- Oversoul (Higher Self)

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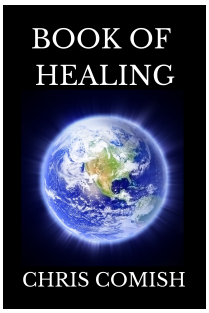

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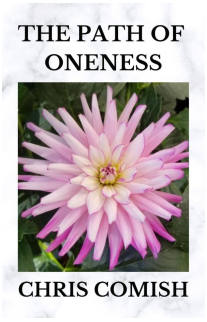

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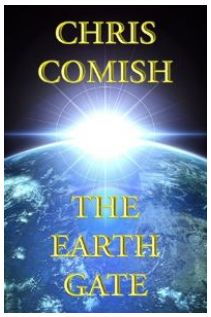

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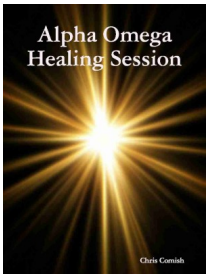

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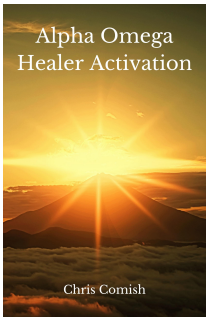

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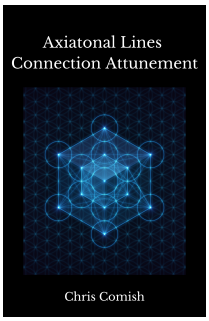

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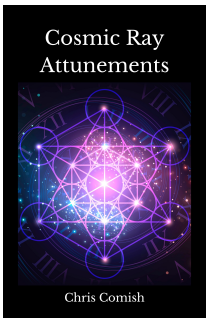

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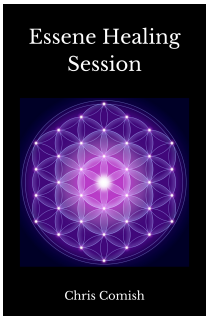

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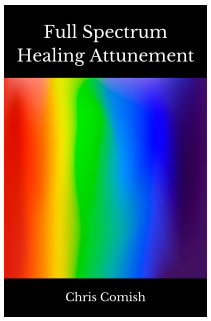

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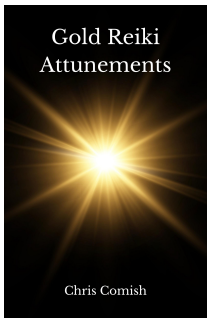

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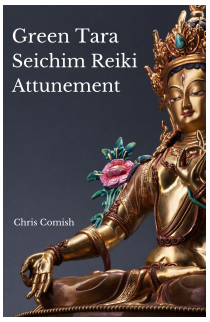

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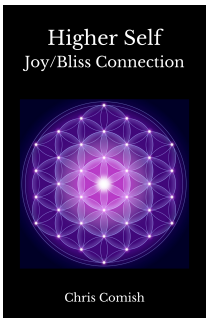

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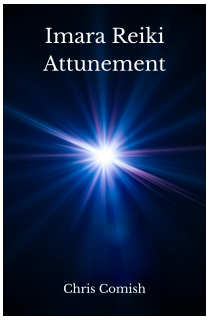

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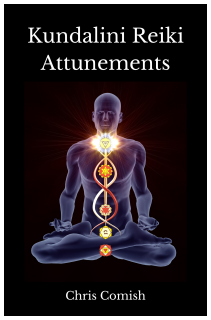

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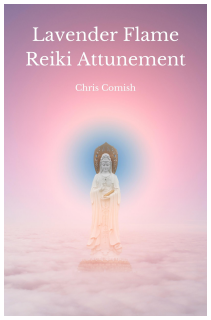

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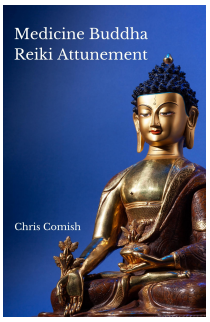

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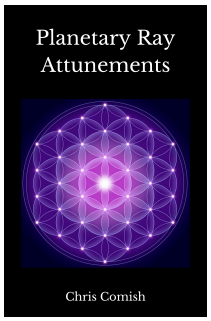

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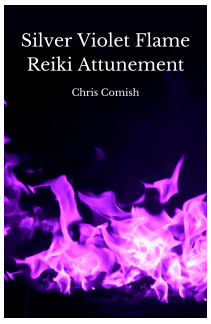

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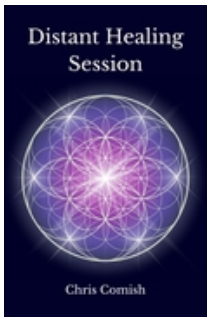

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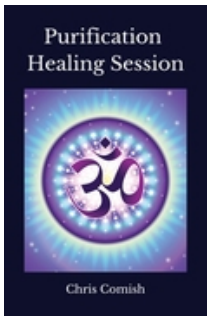

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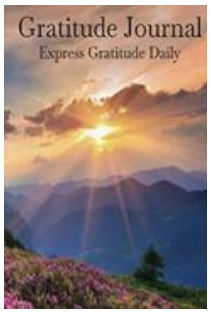

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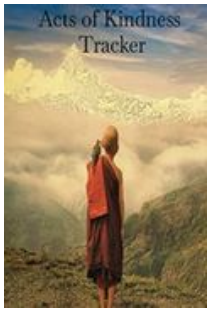

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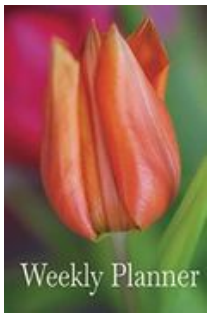

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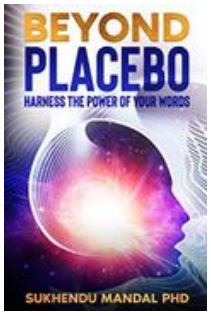

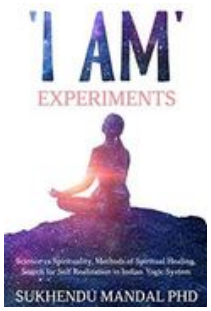

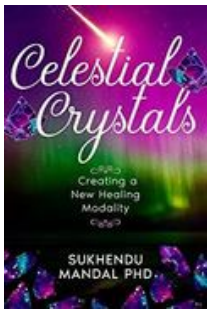

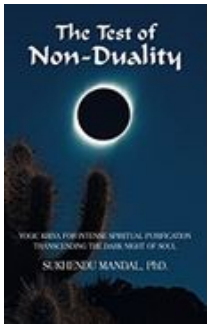

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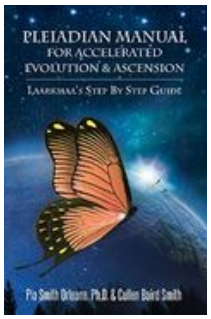

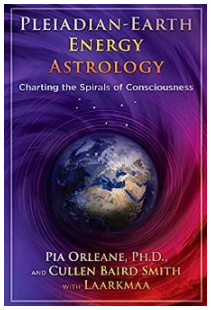
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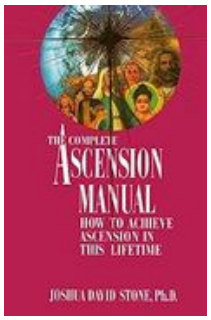
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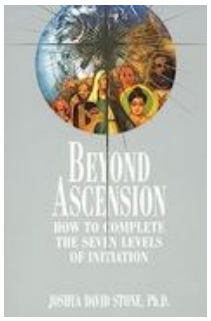
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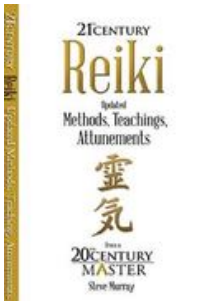
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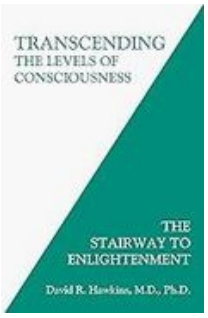
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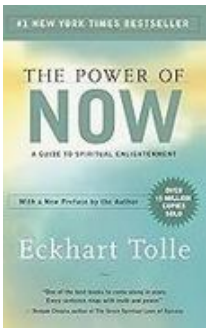
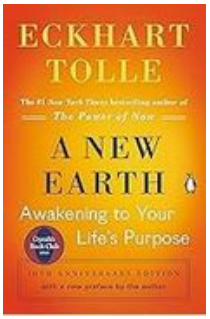

#1 NEW YORK TIMES BESTSELLER
THE POWER OF
NOW
Eckhart Tolle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A NEW
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Awakening to Your
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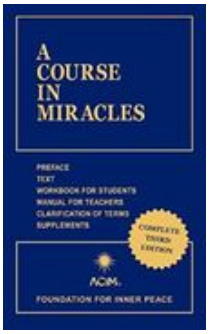
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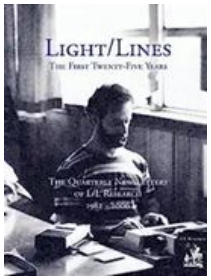
FOUNDATION FOR INNER PEACE


LIGHT/LINES
THE FIRST TWENTY-FIVE YEARS

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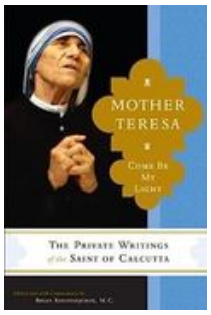
Embracing your higher purpose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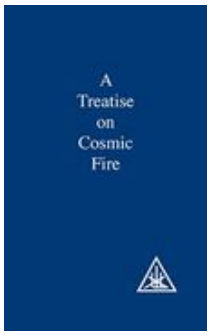
Initiation
Human and Solar


A
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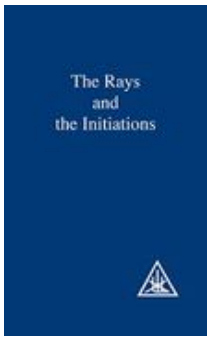
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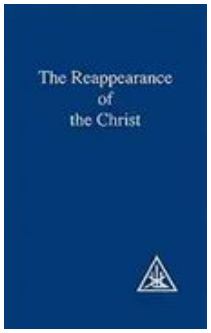
The Reappearance
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The
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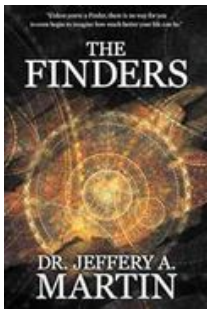
Hierarchy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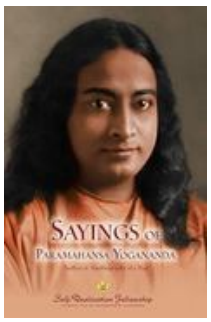
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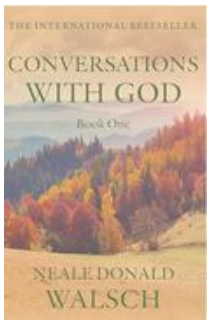
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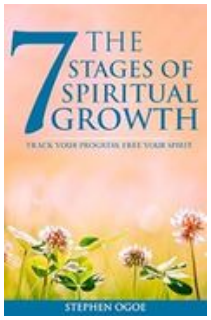
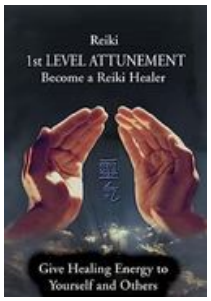
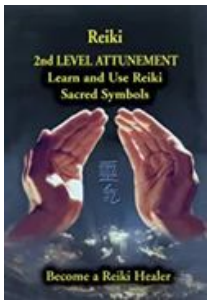
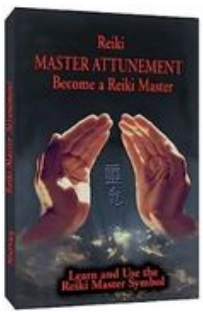
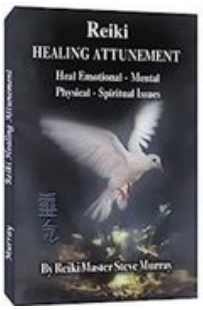


Recommended DVDs (These started Chris Comish's Reiki journey in 2006)









Forum - The City of Shamballa Social Network

- The Real Meaning Of Christmas - The Song Of Light Returning
- Solstice Transmission with Anrita Melchizedek
- Do Not Waste This Opportunity
- Meditation And The Inner Celebration of Christmas By Yogananda & The Self-Ralization Fellowship
- ✨NEW MOON ACTIVATION✨ Energy Detox & Supercharged Manifesting Power |Guided Meditation

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Frequency

Happy New Year!

That Which Is Not

God is All That Is

Be the Bridge

Blended Balanced State

Observer-Server

Universal Love and Radiant Being

A Christmas Message of Love, Beauty, and Compassion

Compassion

The Empty Boat

Trinity

Blended Balance

Frequency

Love Everywhere

Wise Compassion

Other Self

Love

God

Emotional Support

The Void

Radiate

Scan Chakras with Reiki

We are the Creator

Balance

Mirrors

Unity of All Polarity

One

Wise-Compassion

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Oneness

Attunements and Healing

Chakras

Master Consciousness

Universal Love and Radiant Being

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Chakras

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